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## WHAT TO WATCH IN SOCHI

- **7:30 a.m.** Alex Gough — the first Canadian to take home gold in a world cup event — has a chance to bring home Canada's first ever Winter Olympics medal in luge.
- **8 a.m.** Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program. The pair already has a medal, as part of the team that took home silver in the team event. **GREG DOWNS/FOR METRO**

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# Medal haul



Canada's Alex Bilodeau, left, celebrates his gold medal win with his brother Frederic on Monday. Fellow Canucks Mikael Kingsbury, top right, and Charles Hamelin also had reason to celebrate in Sochi

**SEE OLYMPIC COVERAGE ON PAGES 31, 32 & 34**

LEFT: JONATHAN HAYWARD/THE CANADIAN PRESS; TOP RIGHT: SERGEI GRITS/THE ASSOCIATED PRESS; BOTTOM RIGHT: VADIM GHIRDA/THE ASSOCIATED PRESS

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Belvedere

## Proposed liquor store OK by staff, killed by council

Edmonton city councillors unanimously voted down a proposal Monday for a liquor store in the Belvedere neighbourhood.

The proposal to put a new liquor store into the existing plaza on 66th Street near 132nd Avenue had the support of the city's administration, which said all of the existing regulations — including the distance from other liquor stores — were being met.

However, Coun. Ed Gibbons said that was too narrow of a perspective.

"We have a glitch in our system that we don't look at anything but land use," he said.

Prior to the vote, Belvedere Community league president Mike Kleparchuk pleaded with councillors not to allow the store to go forward, because there are already many liquor stores in the neighbourhood.

"The guidelines are not one-size-fits-all," he said. "This location is a dangerous fit. Please be aware of the surrounding factors."

Sangram Sindhar, who applied for the zoning change, said he was disappointed but respected council's decision.

"If they feel they have made the right decision, they have made the right decision."

He said the notion the community presented that the store would attract crime is simply untrue.

"If every liquor store was going to cause that kind of problem, I think the city would need more police than citizens," he said.

Sindhar said he doesn't know what they might do next, because communities aren't willing to welcome stores.

"It's nearly impossible." **RYAN TUMILTY/METRO**



Education Minister Jeff Johnson, right, is joined by MLA Naresh Bhardwaj on Monday as he announced that the province plans to build three new schools, along with a school expansion, in Edmonton. The schools are expected to be open by 2016. **LEAH GERMAIN/METRO**

# Three new schools headed to the city

**Long-awaited announcement.** Local mom not won over by provincial promises



**LEAH GERMAIN**  
leah.germain@metronews.ca

Edmonton mother Jodi Keil called Monday's announcement of three new schools in the city bittersweet.

Plans have been laid out for a new K-to-9 in Keil's Ambleside neighbourhood, serving the 301 elementary-aged students and 100 junior high-

aged students in the area.

The mother of a one-year-old son said it's a good start, but maintained more schools will be needed for the growing area.

"Just because we have a school doesn't mean development is going to start," she said.

Along with the school in Ambleside, Education Minister Jeff Johnson announced two other new schools: a new Catholic Kindergarten to Grade 9 school in Summer-side and a new junior high for Lewis Farms in west Edmonton.

The final announcement was a 600-student school ex-

pansion to Lillian Osborne High School in southwest Edmonton, which opened in 2009.

With current capacity inching toward more than 1,100 students, the new expansion would be like adding another school to the building, explained the minister.

"That gives you a sense of the enrolment pressures in the province," Johnson added. "We are just getting these new schools open, and they are full and they are above capacity, and there are great demands for more in particular parts of the province."

With 42 new school projects underway, Minister of

Elsewhere

Ten new schools were also announced for Calgary on Monday.

- There will be one last provincial school announcement later this week for the final eight schools promised by Premier Alison Redford during her election campaign.

Infrastructure Ric McIver will be working with school boards to develop a timeline so doors can open by 2016.

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# ATB to light up for Olympics

## Shining bright.

Downtown tower to post daily medal count



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

Edmonton's ATB Place will be getting into the Olympic spirit using its new LED lights to support the Canadian team.

The building on the corner of Jasper and 100 Street will be using LED lights, which were just recently installed, to represent Canada's medal haul at the Games, including the new medals won each day and a running tally of what has been brought home so far.

Chris George, the company's senior web manager, said they hoped the lights would be in place in time for the Olympics. He said learning to program a building has been a steep curve, but it has been interesting.

"We project a movie up onto the lights, so from our perspective as content cre-

Twinkle, twinkle

# 29,124

There are 29,124 diodes on the building.

ators, whether it is web or video or whatever, it is right within our wheelhouse," he said.

George said one of the big challenges this week has been trying to get the colour just right. He said the computer program used to control the building can help, but it doesn't get the fine distinctions between yellow and gold.

"It gets 80 per cent of an impression and the other 20 per cent is us literally standing there and looking up," he said.

Neil Graham, who is also working on the project, said it has been interesting to see how the building can be used to shift colour and create the impression of movement.

"We have to work with kind of colour blocks and shifting gradients and things like that," he said.



Neil Graham, left, and Eric Franck in their office across the street, with the building lit up behind them. The building is controlled with a pre-programmed animation. RYAN TUMILTY/METRO

George said they're just in the early stages of determining what they can do with the building, and being able to light it up for charities

or other events is on their radar.

He said with the wide range in colours the building can show, the possibilities

are endless.

"It can make as many as your HD television, it is just a bigger version of what is in your TV," said George.

## Redford sorry but ...

### No repayment for Mandela trip

Alberta's premier is apologizing for the \$45,000 cost to go to Nelson Mandela's funeral in South Africa, but says she is not willing to repay the money.

Alison Redford says the amount caught her off guard, but the trip still falls under taxpayer-funded government business.

Redford was invited to be part of Prime Minister Stephen Harper's delegation in December.

She said last week that she wouldn't have attended the funeral if she had been aware of the final price tag.

The premier took a government jet to Ottawa, where she joined a free flight with Harper, and flew home early on a commercial flight. **THE CANADIAN PRESS**

## Soccer host

### Edmonton to score financially during games: CSA

The Canadian Soccer Association is estimating Edmonton's economy will score big in the next two years, as the city plays host to the Women's World Cup and the Women's U-20 World Cup.

The association released an economic project estimating that Canada will benefit to the tune of \$337 million because of the two events, with \$59 million of that coming to Edmonton.

The projections compiled by the Canadian Sport Tourism Alliance include estimates of what out-of-town visitors will spend coming to the games along with money being spent on upgraded facilities. **METRO**

# Stopping traffic problems before they happen



The City of Edmonton tracks the LRT's movements in real time, but the office of traffic safety can see a future where that would be expanded to include all transportation. RYAN TUMILTY/METRO

When Stevanus Tjandra, an analyst in the office of traffic safety, thinks of the future of traffic safety he thinks of Minority Report.

The Tom Cruise blockbuster showed a future where crimes could be predicted before they happen, but Tjandra's future isn't based on psychics floating in water — it's based on data. And it's not about murder, it's about traffic.

"My vision is always like that — before it happens," he

said. "We want to use data to predict what happens before it's going to happen."

There's no official budget or plan for the kind of system Tjandra envisions, but Gerry Shimko, the director of the office, said he can see a future where the city can see all of the traffic and transit moving through the city in real time.

"We're talking about a smart transportation centre where you could visually see all of this," he said.

Shimko said he has seen demonstrations of that sort of technology in China, where traffic volumes are much higher. Using available data, the city is able to see how people are moving.

He said once you have the data flowing in, computers can be taught to recognize problems and adapt.

"The final thing is machine learning, where the system recognizes that there are changes in the data," he said. **RYAN TUMILTY/METRO**

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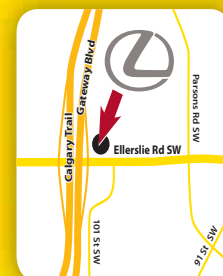
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## Art. Local doodles his way to finalist spot in Google contest

Local student Sam Yu looked no further than a friend as inspiration for his Google Doodle art entry that has landed him a spot in a contest semi-finals.

The Grade 10 St. Francis Xavier High School student — who is originally from Beijing — is one of five finalists in the Prairies category for the Doodle 4 Google contest for his sketch, which features a young girl planting a seed followed by an older girl sitting against a tree.

A wire wrapped around the tree is supposed to represent electricity in his detailed sketch.

"My friend has a futuristic outlook and the sketch combines man-made inventions with nature," he said.

"I think (my idea) is really cool because younger kids don't appreciate trees and this shows how important



Student Sam Yu's Google Doodle entry. SCREENSHOT/DOODLE 4 GOOGLE

they are."

The winner of the contest will have their sketch displayed on the Canadian Google homepage for 24 hours.

The public is asked to vote for their favourite drawing until the voting process closes Friday. The winner will receive a \$10,000 scholarship and a trip to Toronto to view a special exhibition of the top doodles.

"I just want to express myself through artwork and share my idea to the world," said Yu.

STEPHANIE DUBOIS/METRO

### Collision

#### Road closed after man hit by ETS bus

Edmonton police shut down the northbound lanes on 101 Street and 103A Avenue Monday afternoon after an ETS bus hit a 50-year-old man.

Just after 3:30 p.m., EPS responded to the scene of the accident.

The man, who was injured from the collision, was treated on scene by EMS before he was taken to hospital.

EPS is investigating the collision. **METRO**

### Edmonton to Calgary

#### Input sought on high-speed rail service idea

The Alberta government is seeking input on the possibility of high-speed passenger rail service between Edmonton and Calgary.

Public meetings have been scheduled in Calgary, Red Deer and Edmonton toward the end of the month. A 2009 government study estimated the cost of a link between the two cities at between \$3 billion and \$20 billion, depending on the technology and type of train. **THE CANADIAN PRESS**



Local actor Lindsey McNeill is one of two Edmonton actors featured in the mini-episode called Cooties. COURTESY ANDREA BEÇA

## Anti-Valentine's Day event to give people 'Cooties'

### Bad experiences. One woman's bad dates turns into mini series



STEPHANIE DUBOIS  
stephanie.dubois@metronews.ca

What did a local woman do after one too many bad dates? She decided to share them with all of Edmonton in a mini-series.

Cooties will make its four-minute premiere at the Dark

Matters Film Festival: An Anti-Valentine's Day Special on Thursday, an adult-only event.

"The first episode of the mini-series is about a date gone wrong, specifically at the end of the date where a guy wants to kiss a girl. It's pretty much a verbatim conversation of one of my dates," said Andrea Beça, writer and director of the three-part mini series.

After writing a blog for every day for a year, which discussed many of her bad dates, the local director was

### Quote

"It's pretty much a verbatim conversation of one of my dates."

Andrea Beça, writer and director

inspired to put her awkward experiences on the big screen.

She recruited two local actors, Lindsey McNeill and Trent Wilkie, to film the short video on a friend's porch in -20 C weather.

"It was very much an Ed-

montonian production," she said.

Although the topics of the other two episodes aren't being released at this time, Beça hopes the mini-series gives people a good laugh but that it is also something they might be able to relate to.

"Anyone into horror or a darker, surreal genre (will enjoy it.) They're just funny," she said.

Cooties plays at the Telus World of Science at both 7 p.m. and 9 p.m. on a 45-minute film loop with other shorts.

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# Double helix could lead to double date

**Gene-ius of love.** Does DNA matchmaking result in chemistry?



TREVOR GREENWAY  
Metro in Ottawa

Hey there, nice immune system. Wanna date?

Prospective daters might not be using that pick up line, but an Ottawa matchmaker is.

Misty River Introductions has teamed up with Toronto biotechnology firm Instant Chemistry to start matching couples based on DNA. More specifically, the romance firm is pairing up people who have different immune systems, as Misty River owner Linda Miller says "studies have shown

that people are more likely to choose somebody with a more different immune system than their own."

It's basic science, says Miller, who has been matching couples for the past 20 years.

"You are more physically attractive to someone with a different immune system," she said, although, she adds, looks are almost everything.

Clients submit a cheek

swab to Misty River and the tests go back to Queen's University for analyzing. In the meantime, Miller does her work, matching up couples based on socio-economic backgrounds, religion, interests, age and, when she has a list of potential matches, she will then apply the DNA tests to see which people would be most physically attracted to each other.



DNA samples from clients of Misty River Introductions are bundled off to a Toronto biotech firm for testing. CONTRIBUTED

## New Zealand

### Japanese whaling ship raises ire

New Zealand sharply criticized Japan on Monday for allowing a whaling ship to enter New Zealand's maritime economic zone.

The government said Japan ignored requests that the Shonan Maru 2 steer clear of New Zealand's economic zone as the whaler pursued an anti-whaling vessel operated by protest group Sea Shepherd.

Japan defended the incident, saying that it was necessary to protect the whalers from the activists' protest. **THE ASSOCIATED PRESS**

## Operation Angry Birds

### Cockfighting raids in N.Y.

More than 3,000 birds were rescued in a cockfighting takedown in New York this weekend that resulted in nine arrests, N.Y. authorities said.

"Operation Angry Birds" simultaneously targeted locations in Queens, Brooklyn and Ulster County with assistance from the American Society for the Prevention of Cruelty to Animals and the Ulster County Sheriff's office, Attorney General Eric Schneiderman said in a statement.

**THE ASSOCIATED PRESS**



### Thames bursts its banks

A woman is pushed through a flooded street in Datchet, England, on Monday. The River Thames burst its banks after reaching its highest level in years, flooding riverside towns upstream of London. Floods overwhelmed sandbagging efforts, leaving areas underwater. SANG TAN/THE ASSOCIATED PRESS



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# Ford 'didn't want to tell the truth' about drug use

**Now showing.** 'Everybody in the world has lied,' says the mayor sitting beside his brother in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera.

"I didn't want to tell the truth. That's the only answer I can give. That's as straightforward as I can be."

Ford's revelation came in response to a written question from Sandra from Bangkok, Thailand, who wondered why the mayor lied about his "substance abuse problem" when initially asked.

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied."

Ford had been under intense scrutiny since last May, when two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack cocaine. The mayor initially denied he used the drug and suggested the video did not exist, but he backtracked in November by admitting he had smoked crack cocaine, probably in one of his "drunken stupors."

THE CANADIAN PRESS



Frame grab from the first Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

Coming soon

*Guess what's coming to a screen near you?*

The antics of embattled Toronto Mayor Rob Ford could soon be coming to a TV or movie screen. Blue Ice Pictures has acquired the film and television rights to the new book Crazy Town: The Rob Ford Story.

Published by Penguin Canada, it's written by Toronto Star reporter Robyn Doolittle, one of three journalists who viewed a video that appeared to show Ford smoking crack cocaine.

The video was one in a string of scandals involving the mayor.

The screen version of Doolittle's book will be produced by Daniel Iron and Lance Samuels.

"If you tried to make this story up, people would think it was over the top," said Doolittle.

THE CANADIAN PRESS

Terrorism charge

## Physician on trial

A man who once auditioned for the Canadian Idol TV show has pleaded not guilty to a terrorism charge. Khurram Syed Sher, 31, a physician from London, Ont., is being tried in Ontario Superior Court. He is charged with conspiracy to facilitate terrorism. THE CANADIAN PRESS

## Laureen Harper to be highlighted in 2015

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by Torstar News Service.

The 70-page slide show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust. Under "Tactical Plans/Strategies," it says the party

will "Connect (the) PM with people," "Leverage Mrs. Harper" and launch a "With Mrs. Harper" video series among others to put a more human face on the government and grab eyeballs in the digital age. The document was sent anonymously to Torstar News Service after the weekend meeting. TORSTAR NEWS SERVICE

PC campaign plans leaked

The PowerPoint presentation is a blueprint of timelines and actions to be taken.

- It defines what success looks like: "Ensure we don't wake up on October

20, 2015, with Justin Trudeau as Prime Minister."

- It makes no mention whatsoever of NDP Leader Tom Mulcair.

## New Homes Available !

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# Russian icon a hero to one Canadian



Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

**Vladislav Tretiak.** In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor



**FERNANDO CARNEIRO**  
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Bramp-

ton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming

## Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.

- He became internationally famous after his performance in the Summit Series against Canada in 1972.

- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.



Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi.

MATT SLOCUM/THE ASSOCIATED PRESS

in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy

and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."



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Canada Revenue Agency

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Canada





An RRSP allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute. ANDRESR/SHUTTERSTOCK

# How to navigate your savings vehicle

YLVA  
VAN BUUREN  
For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred

basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

## Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada.

There are fewer and fewer

## Can investing in an RRSP reduce your taxable income?

- Tax rates are based on percentage of income. For example, in federal taxes, Canadians pay 15 per cent on \$44,000, 22 per cent on \$44,000 to \$88,000, 26 per cent on \$88,000 to \$136,000,

and 29 per cent on more than that. Provincial tax is added on top of that. Someone making \$45,000 will pay 22 per cent federal tax while someone making \$41,000 will pay 15 per cent.

generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-

under age group, they're not sticking to a job long enough to have a company pension

plan anyway."

## Self-employed

If a self-employed person is making more than \$40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than \$40,000, a deduction is not going to help significantly.

## Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company

pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.

## Special cases

Sometimes RRSP money can be used long before retirement. If someone is going to be off work for a year (doing a master's degree, for example), pulling money out will trigger a tax liability, but tax will be minimized because they are in a low income bracket (they aren't working).



Saving even a small amount each year can help you build a nest egg for your future. MIRCO VACCA/SHUTTERSTOCK

## Strategy. Start planning for your future

Age is a key consideration with an investment strategy, especially when it comes to how much, and when, a younger investor should contribute to a registered retirement savings plan.

"We believe that it's never too early to start investing in your future," said Dennis Tew, chief financial officer at Franklin Templeton Investments Corp.

"Sometimes there's a

tendency to wait and forgo contributing when we're young due to other priorities — families, mortgages, weddings — but, in fact, it should always be a priority. Even a small amount each year can make a difference over a lifetime."

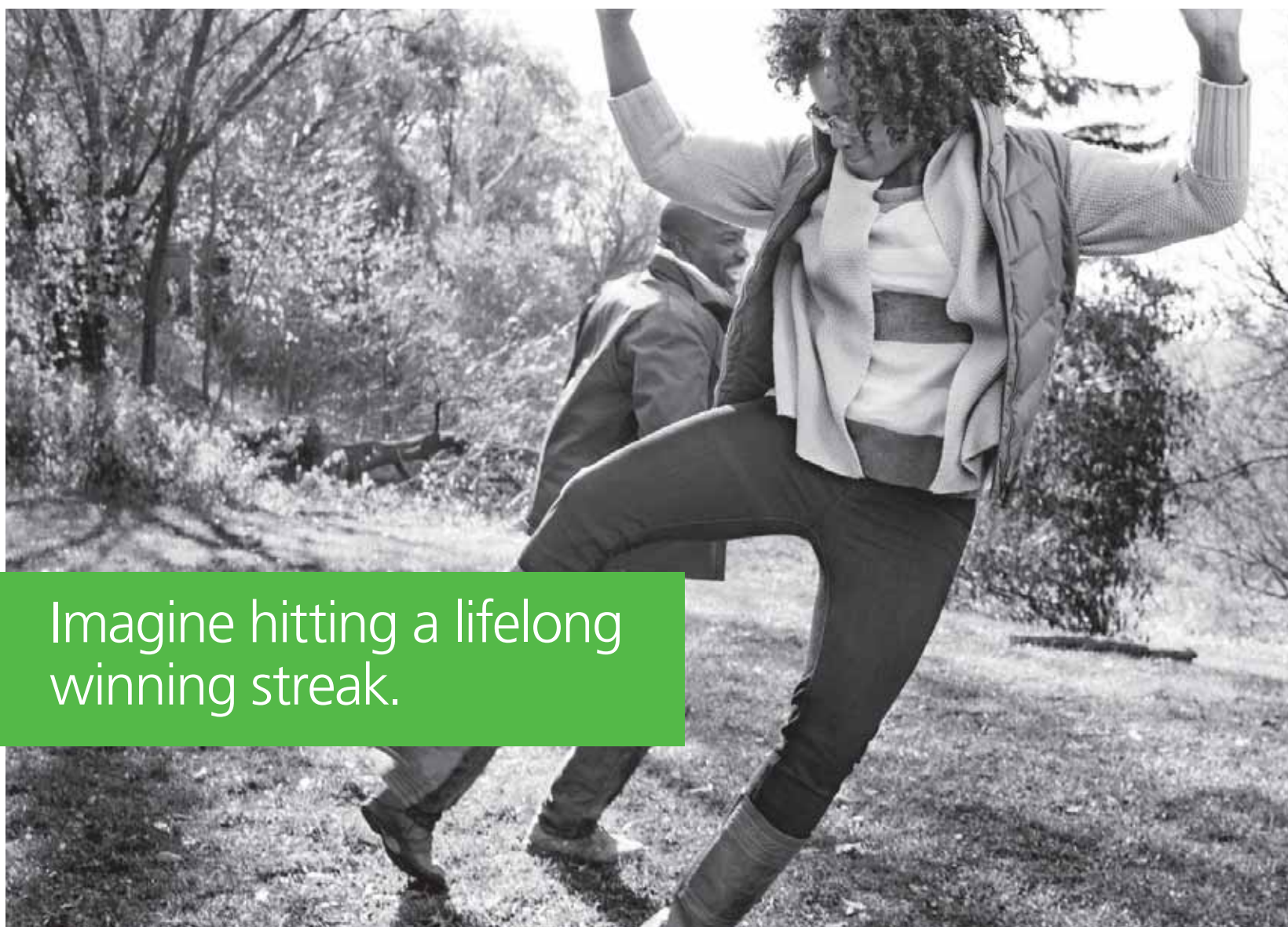
For the young investor looking to make their first RRSP contribution this year, Tew offers these tips to help make the decision a smart one.

- 1 Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the possibility of more investment volatility in the pursuit of larger gains (higher risk)?
- 2 Diversify across asset classes. Make sure you understand the basics about the main asset classes in which you can invest —

bonds don't necessarily mean safe and equities don't necessarily mean risky. Why not diversify your investments?

3 Speak with an adviser. Investment advisers have their fingers on the pulse of markets and can help you map out a plan for achieving your retirement goals. They can provide insights that are in line with your personal risk tolerance and investment goals. **NEWS CANADA**





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# Plan to use unused contributions



**TALBOT BOGGS**  
Smart Investing

The government set up registered retirement savings plans in 1957 as a vehicle for Canadians to save for their retirement. But more than five decades later, data shows they have not used it to their fullest and Canadians are now sitting on some \$600 billion in unused contributions.

"A lot of people just don't have the income to be able to contribute to the maximum," said Johnathan Rivard, an investment adviser with Edward Jones. "They have a lot of other priorities like a mortgage, children's education, cars, entertainment and travel. With everything else they have to do it's just not that high a priority."

How can Canadians catch up on their RRSP under-contributions and help ensure they have enough money tucked away for retirement?

"Budgeting is key," Rivard said. "Do an analysis of your retirement — what do you want to do in your retirement, how much will you need to maintain that lifestyle and then how are you going to fund it? It's important to understand why you are contributing."

One financial question that seems to come up continually in financial planning



Do an analysis of your retirement — what do you want to do in your retirement and how much will you need to maintain that lifestyle? ANDREY POPOV/SHUTTERSTOCK

is whether it is better to pay down your mortgage or contribute to your RRSP.

Unfortunately, there's no easy answer. A lot will depend on individual circumstances such as lifestyle, debt level and interest rates, but there are some things to consider.

"A lot of people believe real estate is one of the best long-term investments you can

make," Rivard said. "There are a lot of costs associated with real estate like taxes and repairs and maintenance that can really add up over time. Investments, however, tend to be more passive when it comes to costs although fees sometimes can be a discouragement as well."

"So it's really important to get some professional finan-

cial advice for the best solution for you based on your personal situation."

RRSP contributions also tend to be impacted by the economy and performance of financial markets.

"When the markets do well we tend to see better RRSP seasons," Rivard said. "A lot is driven by emotion. When people feel good they

are more inclined to invest, but during the recession of 2008-09 investment was down. It's pretty cyclical."

**THE CANADIAN PRESS**

**TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.**

## Protect savings from life's surprises

If you are like most Canadians, your registered retirement savings plan (RRSP) will be your main source of retirement income.

But what would happen if you had to stop contributing to your RRSP or dip into those investments to pay for an injury or illness that prevented you from earning an income?

"Life is what happens when you're busy making other plans, but if you don't protect your income you could be risking your financial well-being," said Heather Clarke, certified financial planner at Investors Group.

"Having the right insurance in place can help you make sure your retirement savings stay on track."

Here are three reasons to consider disability, critical illness or long-term care insurance.

- It could happen. According to actuarial statistics, the average Canadian has a one-in-three chance of becoming disabled for 90 days or longer, at least once before the age of 65. The average length of a disability longer than 90 days is almost three years.

- Stopping your RRSP contributions can hurt your retirement savings. For example, at 25 you start making RRSP contributions of \$300 per month, but become permanently disabled at age 35 and are unable to contribute to your RRSP. By 65, your nest egg will be worth \$400,000 less than it would have been if you had continued to make contributions until retirement (assuming an eight per cent compound annual rate of return).

- You may have less income, but greater expenses. If you become disabled, depending on the nature of your disability you may have ongoing medical expenses that increase your overall cost of living.

**NEWS CANADA**

## TFSAs offer versatility

**YLVAN VAN BUUREN**  
For Metro

Since it was introduced in 2009, the tax-free savings account (TFSA) has changed the complexion of financial planning, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

"You can use it for any purpose ... short term, long term, rainy day fund, a special purchase, a 25th anniversary, and for retirement — with tax-free growth. And the money can be pulled out at any time at no taxable cost."

Here are some ways to use a TFSA.

- Pension plan plus: Anyone with a good pension can use a TFSA. "You don't get a tax deduction (like you do with an RRSP contribution) but where an RRSP will hurt is when you start to take it

### Contribution amount

- You can contribute up to \$5,500 per year into a TFSA plus any unused contribution room from previous years.

out," said Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada. "RRSP money may push you into a higher tax bracket." TFSA funds are not taxable.

- Windfall: If you receive a windfall of some kind and tax payable is zero, putting it into an RRSP is not going to provide a significant income tax break and you will pay tax later. If you don't have a TFSA, open one. You can carry forward unused contributions this year, \$31,000 total since 2009.
- Retirement savings: When

a marginal tax rate is not high (\$40,000 or less), the deduction from an RRSP contribution will not affect tax rate significantly. But a TFSA allows for tax-free growth.

- Emergencies: Using a TFSA as an emergency fund is absolutely a good idea, Owen said. The money is accessible and can still make money with no penalty or tax if you decide to withdraw it.

- Investments: The TFSA is functional for conservative and speculative investments. "If you earn \$100 in interest, you would normally have to pay tax on that," Williams said.

"But in a TFSA, there are no tax implications. If you get lucky and your investment goes from \$5,000 to \$25,000, you still don't pay tax on the growth. Pull the money out of TFSA and contribution space would be restored in the next year."



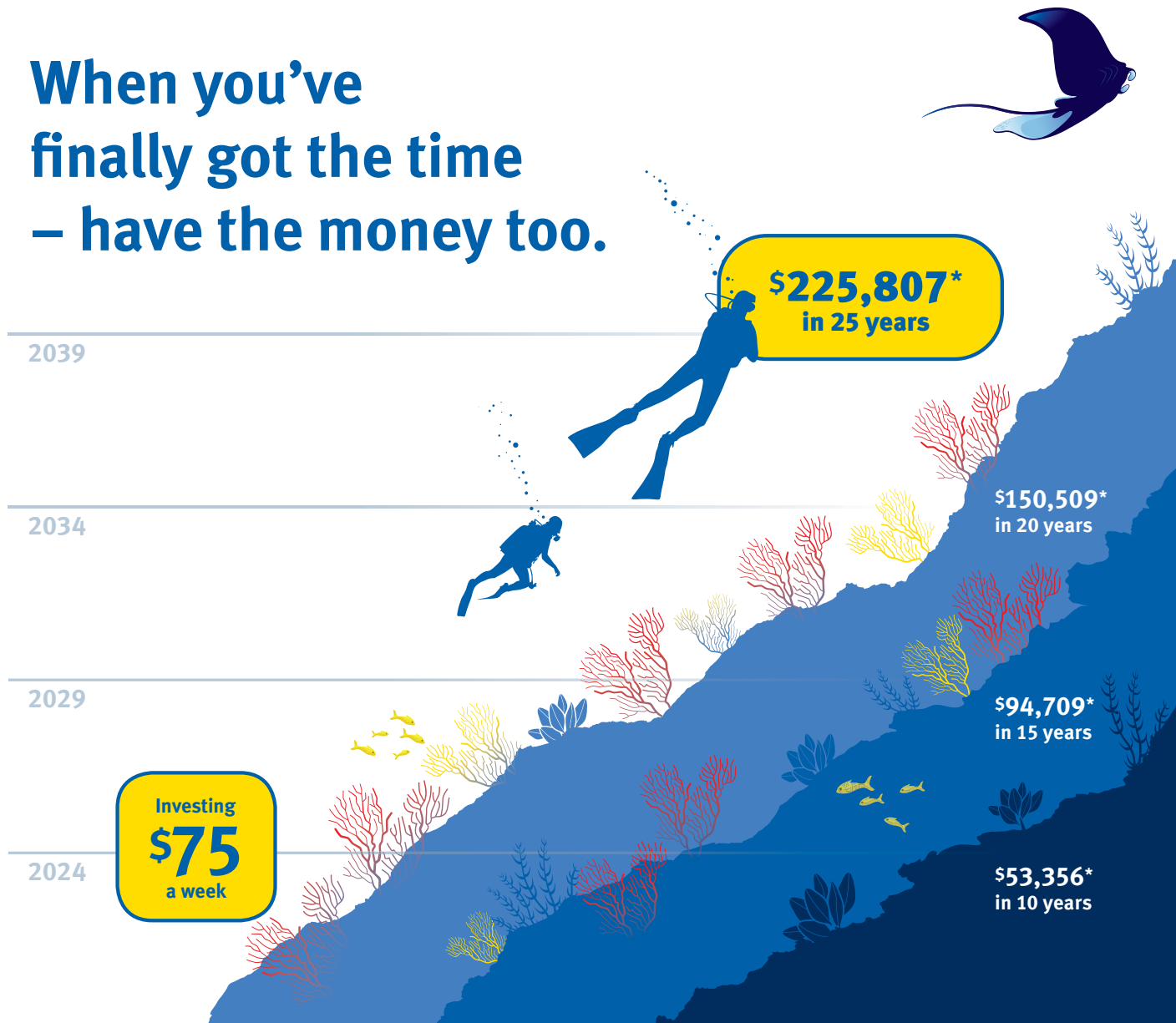
If you receive a windfall of some kind you might want to consider placing that money into a tax-free savings account. SYDA PRODUCTIONS/SHUTTERSTOCK





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## Market Minute



**DOLLAR**  
90.46¢ (-0.13¢)



**TSX**  
13,794.18 (+7.68)



**OIL**  
\$100.06 US (+\$0.18)



**GOLD**  
\$1,274.70 US (+\$11.80)

**Natural gas:** \$4.59 US (-\$0.07)  
**Dow Jones:** 15,801.79 (+ 7.71)

## The giving network. You know what's cool? Giving away \$970M in shares

Mark Zuckerberg and his wife, Priscilla Chan, were the most generous American philanthropists in 2013, with a donation of 18 million shares of Facebook stock, valued at more than \$970 million US, to a Silicon Valley non-profit in December.

The Chronicle of Philanthropy reported Monday that Zuckerberg's donation was the largest charitable gift on the public record in 2013 and put the young couple at the top of the magazine's annual list of 50 most generous Americans in 2013.

The top 50 contributors made donations last year total-



Mark Zuckerberg and Priscilla Chan  
THE ASSOCIATED PRESS FILE

ling \$7.7 billion US, plus pledges of \$2.9 billion US.

The Chronicle's editor says the most significant fact from the list was the amount of money coming from living donors, which totalled about the same amount as the two previous years combined.

THE ASSOCIATED PRESS

## Survey. The CRA spending \$7M of our tax money on ineffective tax-break ads

Canadians appear to be tuning out another federal ad campaign, this one by the Canada Revenue Agency.

The tax agency spends about \$7 million each year touting the Harper government's special tax breaks aimed at families, small businesses and others.

But an opinion sur-

vey commissioned by the agency found fewer Canadians paying attention, and fewer taking any action as a result of seeing the ads, most of which are on television.

Less than a third of 1,000 people surveyed last year could remember the ad campaign without prompting, the lowest unaided-recall level since the annual campaigns began seven years ago.

THE CANADIAN PRESS

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## Not a g'day for Aussies: It's the end of car-making Down Under

Vehicles speed past a Toyota dealership in Sydney, Australia, on Monday. Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

# Did Flappy Bird fly too close to the sun?

**Flap over app.** Like Icarus, the game had a fast rise and fall to earth



ELISABETH BRAW  
Metro World News in London

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.

**What's the secret behind Flappy Bird's success?**

If you look at what's inside the game, the retro visual style borrows from classic games like Super Mario, which invokes nostalgia in the user. The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how. They're easy to learn, so to get good you just have to play them often enough. Flappy Bird, by contrast, is unforgiving, so success feels meaningful.

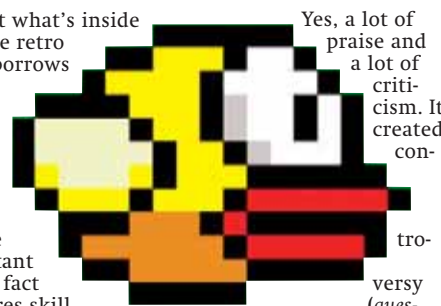
**But Flappy Bird got a lot of criticism.**

Yes, a lot of praise and a lot of criticism. It created controversy (questions have been raised whether bots were used to boost its app chart popularity - ed.), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out. But its success

is also down to chance. Even if you followed all these steps, it's not certain that your game would be successful.

**What does the success of Flappy Bird, a game created by one man in Vietnam, mean for Silicon Valley?**

Indie games like Flappy Bird are becoming bigger because they have access to users through channels like the Apple Store. They go against the current design paradigm, and they rely the makers' artistic sense rather than market research when they create their product. I wouldn't be surprised if game companies start incorporating Flappy Bird aspects into their design paradigm.



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# LOVELY TIME TO NOT DO THIS

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

**Do nothing.** Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

**Break up with your beau.** You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the

bad news to your soon-to-be ex.

**Protest just for the sake of it.** We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet choco-

lates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

**Give in to social media envy.** Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

**Feel obligated to leave the house.** Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

## ZOOM

# A growing visual culture



COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

## British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. **METRO**

### Q & A

## Newest selfie



**ZACHARY COPFER**  
Microbiologist/  
photographer based  
in Cincinnati, Ohio.

**How did you manage to get the bacteria to 'paint' this?**  
I received a sample of bacteria taken using a swab from

Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to

let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

### What is the artistic meaning behind your work?

It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

### Clickbait



**IRENE KUAN**  
Metro Online

**Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.**

### Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

### Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based

documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

### Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivotal Tracker will help everybody stay in sync and projects stay on course.

### Twitter



**@metropicks asked:**  
Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

**@mensaghi:** Scope out traffic before rush hour.

**@debzv:** If I had a drone, I will use it to deliver burritos.

**@bcladyo:** I would use drones for beer delivery! :)

**@sykesoh:** to pick up rob ford when he is on a famous stupor

**@lisambungay:** watching my kids when I leave the room.

**@newcybersol:** I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

**Follow @metropicks and take part in our daily poll.**

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It's time you level with your significant other: there's no way you're going to watch *The Notebook* on Valentine's Day. And not just this year — you're talking about never again. The same goes for *Love Actually*, *The Vow*, *When Harry Met Sally* or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN  
scene@metronews.ca



### Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

## 5

## Films that aren't *The Notebook*



### Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. *The City of Lights* has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.



### Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there.



### A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this underrated 2009 thriller about two couples honeymooning in Hawaii is romantic at heart. The relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility they're also serial killers.



### Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

**Mom, Pop  
& Tots fair**  
March 7 & 8



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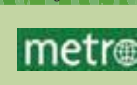
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DVD review



The Counselor

Director. Ridley Scott

Stars. Michael Fassbender, Cameron Diaz, Brad Pitt

Golden tongues and black hearts enliven this uncommonly erudite thriller built around the pulpiest of stories. Ridley Scott directs and gaudily attired A-listers supply wicked glamour, in a drug-trade scenario that traverses the globe but mainly straddles the Texas-Mexico border. Cormac McCarthy's screenwriting debut presents Michael Fassbender's title lawyer in the classic situation, familiar to students of Greek myth and Shakespearean drama: a moral man tempted by sin and hubris and brought low by fate.

PETER HOWELL

# Kevin's got a lot of Hart for his fans

## About Last Night.

Comedian is set to release his next film in 2014 and he's all about connecting on Twitter



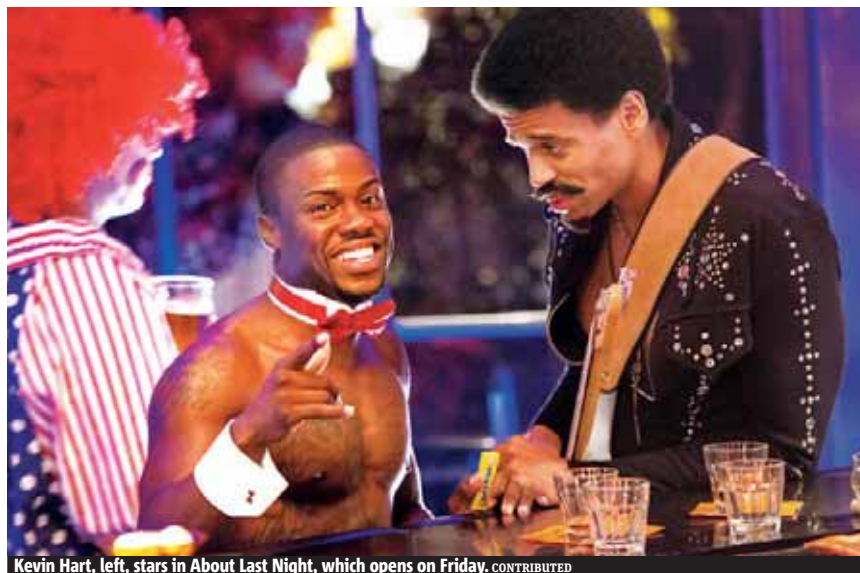
NED  
EHRBAR

Metro World News in Hollywood

Kevin Hart is already having a pretty decent 2014, with last month's *Ride Along* breaking January box office records and bringing in more than \$90 million worldwide in its first three weeks of release. And he's hoping that success continues in February with *About Last Night*. One thing is for sure, he's not letting bad reviews get to him — even when the critics are trying to get his attention.

### You're incredibly active on social media.

I'm very serious about it. It's not a game, this is not something I take for granted. I'm very, very, very committed to social media and interacting



Kevin Hart, left, stars in *About Last Night*, which opens on Friday. CONTRIBUTED

with my fans the way that I do. It's something that I think people really, really take for granted, and they shouldn't. It's free promotion, but at the same time it keeps you in contact with your fan base.

### When did it first occur to you to utilize it so much?

Well, from jump. When I first saw my numbers going to what they grew to, I said I would be a fool to not dive in as much as I could because this is basically promotion that

the studio doesn't have. This is you having a direct connect with your fans. When I say to my fans, "First 200 people to meet me at Applebee's, I want to treat you," they're going to come. And those 200 people in there get to meet, connect

with me, talk to me. You have to have ways of showing that you are giving back — "Thank you, guys, for what you do, which is support me." I'm not a ghost. I'm not the legend that just walks and you never see, plain and simple.

### I saw someone included your Twitter handle in a bad review of *Ride Along*, which seems like bad form.

A critic's job is to critique. At the end of the day, as an actor, if you allow that stuff to get to you, you're a fool. But you've got to ask yourself how do critics feel when they critique something, they trash it and then it shows up and it's a record-breaking box office hit? Then you just have to go back into your critic hole and critique some more. But I don't knock it, it's what you're paid to do. Your job is to critique and that's your world of expertise. But if [the film is] getting an A cinema score — which means everybody's walking out happy — then that means you have to question yourself, what you like and where your expectations are.

Ian Hanomansing  
2010 Winner

Michelle Jean  
2009 Winner

Bing Thom  
2012 Winner

Zafiro Wessio  
2011 Winner

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# Lang took a chance After Midnight

**'I did not fit in.'** Famous singer-songwriter talks about the hesitancy she experienced prior to her Broadway debut

If you're a little surprised to discover that alt-country star k.d. lang is coming to Broadway, so is lang.

"It is outside my comfort zone. It is something that I never thought I'd be doing," the Grammy Award-winning singer-songwriter says. "I just try to follow my heart and my muse and the opportunities that arise for me and what's inspiring me."

Lang will take over from Fantasia Barrino as the second star vocalist in *After Midnight*, a musical celebrating Duke Ellington's years at the Cotton Club nightclub in Harlem. Lang, blessed with androgynous looks and a sensuous voice, starts performances Tuesday and will end her run March 9.

*After Midnight* is a sort of candy sampler of some two dozen musical numbers that showcase dance, jazz or singing. Lang will be called on to sing *I Can't Give You Anything But Love*, *Stormy Weather*, *On the Sunny Side of the Street* and *Zaz Zuh Zaz*.

"I imagine it's going to be quite a different place than *Fantasia*," she says, laughing. "I want to approach things from

a naive point of view, from a reactionary, emotional point of view." Lang, 52, has won four Grammys and is perhaps best known for her cover of Roy Orbison's *Crying*, her interpretation of Leonard Cohen's *Hallelujah* and her hit song *Constant Craving*.

She also caused a stir in the 1980s when she posed on the cover of *Vanity Fair* in a barber's chair being shaved by supermodel Cindy Crawford.

Although musical theatre was never one of her interests growing up, this self-styled "musical nomad" will now be working with Wynton Marsalis on Broadway with a 17-piece band. She even agreed to do the show before seeing it. The Associated Press sat down with lang shortly after her arrival from her home in Portland, Ore., and asked her about this odd left turn and why she almost didn't take it.

## How did you get lured to Broadway?

My No. 1 attraction was the music and the original Duke Ellington arrangements. I mean, that's a no-brainer. I look at my life as a lifelong learning process of being a vocalist, and that's like going to one of the greatest schools. And working with a big band onstage? That's a wonderful, wonderful opportunity.

## Is it true you initially passed on this?

I tried. I did the first time they asked. I said, 'No' because I'm kind of stuck in my ways. I do what I do. But then they came back to me and I had thought about it a lot and came to the conclusion that you can't turn it down.

## What worried you?

I was concerned that I had to act or that I had to perform in a way. To me, the most important thing is diving into the emotional narrative of the song. To me, that's everything. When they assured me that I could perform the songs the way I felt them and I didn't have to change to fit the show, that made a lot of sense to me.

## What did you think after seeing it?

I was like: 'Oh, man. I do not fit in. I do not belong here. What the hell did I get myself into?'

## Do you have a back story for your character showing up at the Cotton Club?

I kind of figured that I'm a misfit in society. I work up there. I don't have a lot of money. Maybe I know somebody in the band or maybe I have some ties to the people who are the patrons. But somehow I get onstage. I'm broke. I go after work and I get to sing with the band a few songs. But I really don't fit in.

## What will you wear?

A suit by Isabel Toledo, who did the costumes. I don't think they're going to be gowns. I think *Fantasia*'s got me on that one.

## If it all goes well, might we next catch you in a revival of, say, *South Pacific* or *Gypsy*?

No. It's not who I am. I mean, I may be completely singing — pardon the pun — a different tune after this experience, but up this point, no. I would say not. **THE ASSOCIATED PRESS**



k.d. lang at the Broadway opening of *After Midnight*, in which she will be a star vocalist. INVISION/THE ASSOCIATED PRESS



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# TV time-shifting is on the rise

TV viewers increasingly are watching programs on their own schedule, according to a Nielsen company media study released Monday.

In the past year, time-shifting of television content grew by almost two hours, averaging 13 hours per month, the study found. Viewers averaged nearly 134 hours of live TV viewing a month in 2013, down nearly three hours from 2012.

Television still remains

central to media consumption, the study found, despite the increase in time-shifted viewing and streaming video through a computer or smartphone. On average, American consumers own four digital devices, the report found.

The majority of U.S. households own high-definition TV sets, Internet-connected computers and smartphones, while nearly half also own digital video

recorders and gaming consoles.

The average consumer spends about 60 hours a week viewing content across various platforms, Nielsen found. Multitasking is common; 84 per cent of smartphone and tablet owners say they use their devices as second screens while watching TV.

"It's an incredibly exciting evolution in the ways people are using devices

to get media," said Megan Clarken, Nielsen executive vice-president.

While sports events generated the most Twitter postings last year, more than 400 million, TV series also had impressive numbers.

The top three were *Breaking Bad* with six million tweets, *The Walking Dead* with 4.9 million and *American Horror Story: Coven* with 2.9 million.

**THE ASSOCIATED PRESS**



*Breaking Bad* had the highest tweet rate for a TV show last year. AMC



## Got the munchies? Leto will be supplying the Oscars snacks

Jared Leto says there's only one thing that gets him through the endless film awards season: A packed lunch. The 42-year-old has already won a Screen Actor's Guild Award and a Golden Globe for his performance as the transgendered Rayon in Dallas Buyers Club and he is nominated for an Academy Award. He says award shows "last for sometimes hours and hours and hours." Actors and directors "do red carpet in the afternoon and you end up leaving late in the evening. I like to eat really healthy, so I bring little snacks." At the Golden Globes, Leto says he got plenty of ribbing for his snacks but within minutes, "Reese Witherspoon, Jennifer Garner, Matthew (McConaughey), everyone is reaching into my bag!"

THE ASSOCIATED PRESS



Jared Leto ALL PHOTOS GETTY IMAGES

## Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.



Chris Kattan

## Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT

vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS

### Twitter



@rustyrocks

In Berlin tonight joking about Hitler.



@SteveCarell

So far this year I have had Olympic Fever, World Series Strep Throat, and Superbowl Diarrhea.



@BRUCKHEIMERJB

Had dinner with President Jimmy Carter last week. Great humanitarian and one of the nicest people I've ever met. Hope to share a pic soon.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## 'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's



not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't,

and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.



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3  
LIFE

# Confidently leave the (home-workout) nest

**Transition.** Joining a gym for the first time can be intimidating, but it doesn't have to be

**IZABELA SZYDLO**  
life@metronews.ca

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

## Should I be trying to burn fat and tone at the same time?

Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of—



Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

## What is the difference between machines and free weights?

The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require

## Quoted

**"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."**

Venessa Coda, personal trainer and licensed Zumba instructor

more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises.

Eventually, you want to incorporate both machines and free weights into your routine.

## Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?

Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

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You can join the Boston Marathon no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.



## Is hiring a personal trainer a must?

Hiring a personal trainer is not a must but is a good idea if your budget allows it—even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.



# Science IN THE Cinema

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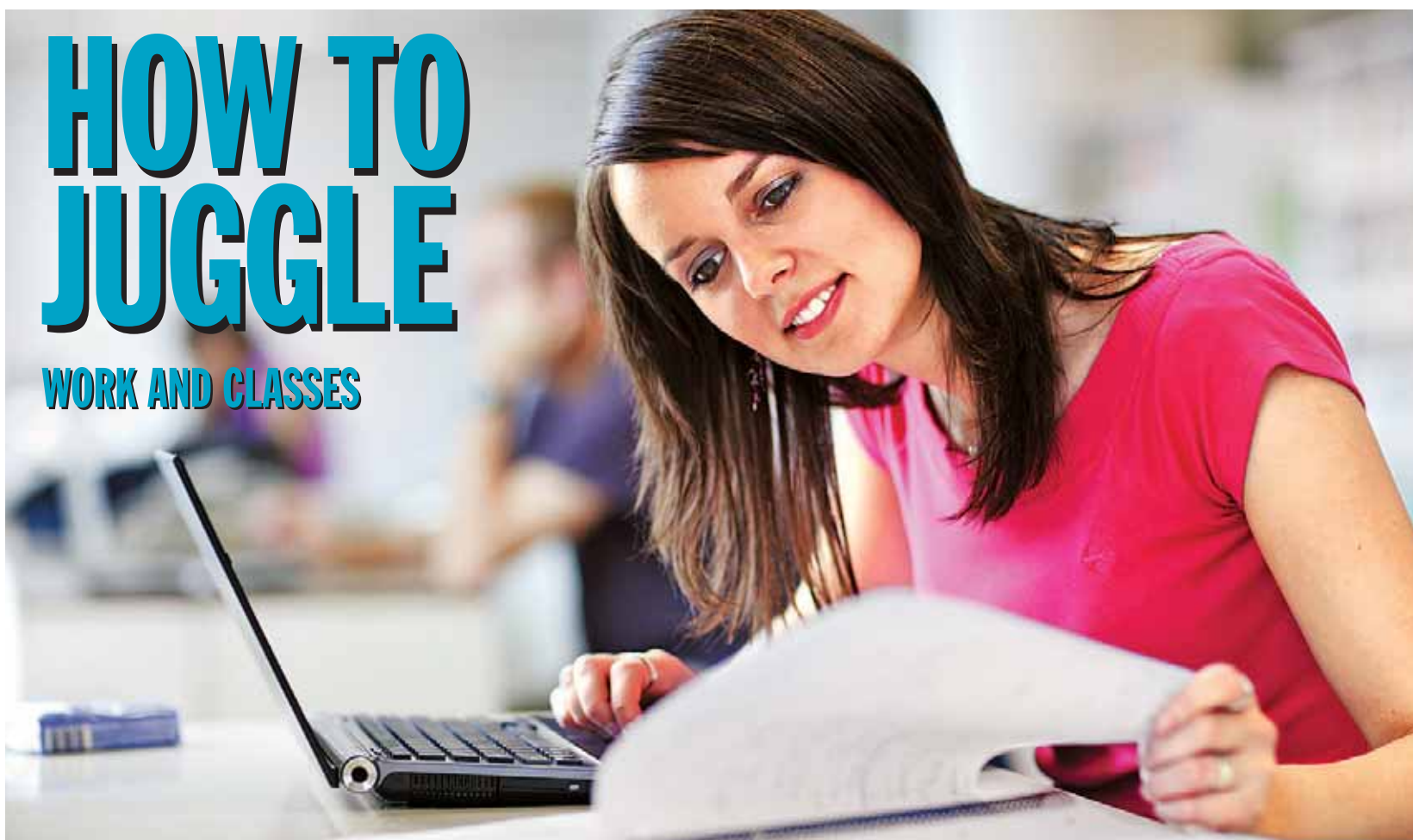
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# HOW TO JUGGLE

## WORK AND CLASSES



LIGHT POET/SHUTTERSTOCK

Looking for a part-time job while juggling classes and homework can be a challenge. Tang Choy, an employment support counsellor from Ryerson University's Career Centre, has numerous tips that will help students cut their job search time in half.

- 1** Spread the word. Let your family, friends and acquaintances know that

you are looking for part-time work and indicate your area of interest. Remember, if your connections don't know that you are seeking employment, they can't help. Apply the 80/20 rule when sharing your job search progress with your social network online — 80 per cent of your updates should benefit/help others, and the other 20 per cent can be self-promotional.

- 2** Research and prepare. Target your job search by researching companies you want to work for, and remember that everyone you

meet could potentially have a job for you. Prepare and rehearse a 30-second pitch that you can use on a prospective employer to highlight your relevant skills and experience.

- 3** Tailor your resumé and cover letter. Use key words in your resumé and cover letter that are included in the job description. Emphasize your relevant experience, skills, and accomplishments.

- 4** Look on- and off-campus. Check out employment opportunities on campus, and talk to your professors to see if they can use an extra hand. Off campus, visit company websites and connect with professionals in the field. Also consider staffing agencies that provide opportunities for temporary work.

- 5** Network and prospect. Up to 80 per cent of all jobs are never advertised. Access the "hidden job market" by cold calling and sending resumés and cover

letters to prospective employers even when there is no job posting. Build genuine connections within your target industry and approach people in your position of interest to get information for your job search. When networking, always be prepared to follow up with your new contact with calls and emails.

- 6** Attend career and job fairs. Career and job fairs are a fantastic way to make direct contact with a number of companies in one setting. Research each company and prepare some thoughtful questions for them.

- 7** Create your own opportunities. Not finding any part-time positions that catch your eye? Consider offering your skills and knowledge as a consultant. Did you ace a certain course? Perhaps you can tutor other students. Are you a whiz at fixing computer bugs or minor landscaping or cooking? — Metro News Services



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# COMMUNITY IS AT CORE OF MBA PROGRAM



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The MBA is, in general, the most desirable program for aspiring leaders in organizations, and Cape Breton University's MBA in community economic development (CED) specifically fills the need for both the corporate and the non-corporate world.

Cape Breton University's master of business administration (MBA) in community economic development is flexible, allowing you to complete a two-year, advanced credential part time. With community at its core, this program focuses on leadership, strategy, international management and community development. The leading-edge curriculum is designed for learners who aspire to leadership roles in the public sector, development and entrepreneurial companies. Students have the opportunity to focus their studies by selecting an option, such as strategic leadership, international business, peace building, or First Nations option.

Graduates have included directors, generals and mayors, as well as managers, developers, and educators.

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means you can complete all courses at NAIT over 24 months. Or choose the modular format specially designed with working adults in mind — stay at the student residence in Sydney, N.S., and take classes there each July. The residential program includes short, on-site residencies followed by deliverables paced over 12 weeks. Out-of-province students can take four to five classes each July and complete all program requirements over three summers (26 months).

If you have completed a bachelor of business administration (BBA) or bachelor of commerce (B.Comm) degree with 75 per cent or better in relevant courses, you may qualify for exemption from the four core business courses.

Ranked first in Canada by Maclean's magazine for total education experience and quality of teaching, Cape Breton University's MBA in CED has also been profiled three times in the annual MBA Guide, a publication of Canadian Business magazine.

NAIT will host information sessions Feb. 20 and Feb. 21. For more on fees and application deadlines, visit [nait.ca/MBA](http://nait.ca/MBA).



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"These sessions provide applicants to the BSW program with an opportunity to ask any questions they might have about the application process or the faculty," says Dr.

Rick Enns, associate dean, faculty of social work, central and northern Alberta region.

This final session will take place Thursday from 5-6 p.m. at the faculty of social work (11044 – 82 Ave.) in Classroom 2.

While registration for the event is not required, it is encouraged.

The University of Calgary social work program is the only degree granting university in the province.

"Social workers are committed to mak-

ing the world a more just and equitable place," Enns says.

The faculty of social work offers two programs — the undergraduate BSW program, which is a full-time program and students are admitted every year, and the graduate masters of social work (MSW) program. The next intake for the MSW is 2015.

For more information, please visit [fsw.ucalgary.ca/fswcentralandnorth](http://fsw.ucalgary.ca/fswcentralandnorth).



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These barriers may have taken the form of medical conditions, limited education, limited or no work history, lack of confidence, disabilities, limited work skills or experience.

In just 24 weeks, individuals receive more than 300 hours of computer training on Microsoft Office Suite 2010, along with training in essential skills such as communication, problem solving, conflict resolution, personal accountability, and professionalism.

"These essential skills are huge to employers," Elliott says.



CONTRIBUTED

Even when faced with these barriers, Elliott says, in 2012-13, 80 per cent of EmployAbilities' clients found employment.

Elliott encourages all those interested in attending the spring session to apply now since funding takes up to six weeks.

For more information about this program and EmployAbilities, contact Tony Wong, program assistant, at 780-423-4106, email [tony@employabilities.ab.ca](mailto:tony@employabilities.ab.ca), or visit [employabilities.ab.ca](http://employabilities.ab.ca).



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Chris Dixon

UNIVERSITY OF REGINA PHOTOGRAPHY DEPARTMENT PHOTO

## SUCCESS BEGAN AN WITH ARTS DEGREE FROM UNIVERSITY OF REGINA

Chris Dixon has come a long way since the late 1980s, when he was a University of Regina arts student, unsure of what he wanted to do or even what his major should be. Dixon speaks fondly of his time on campus and says his studies at the University of Regina helped propel him to where he is today.

Today, he is designing Vanity Fair, a magazine with a global reputation and a circulation of nearly 1.2 million people.

When Dixon first enrolled at the university, he was like a lot of first-year students, not really knowing what classes he wanted to take. He enjoyed learning and the variety the faculty offered, so he started working toward his bachelor's degree.

"I studied all these things — math and theology and philosophy and logic — and that helped me later in getting into a career," Dixon says. "Especially working in magazines, the degree gave me a basis of knowledge about a lot of things."

Dixon completed his bachelor of arts in 1992 and later attended Emily Carr University of Art + Design in Vancouver.

"When I went to Emily Carr to study, a lot of the students had come straight out of high school, so they just didn't have as much general education. The things I studied at the University of Regina fed into the projects I was doing at Emily Carr because I was coming at it with a lot more background."

Dixon started as the design director at Vanity Fair in November 2011, and his first issue came out in January 2012 with Lady Gaga on the cover.

*— This story is an edited version of a story by BD Miller that originally appeared in Degrees, the University of Regina magazine.*

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According to Alberta government labour stats, individuals in this field can expect an average wage of about \$22 per hour, with employment opportunities expected to increase due to retiring baby boomers.

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we have conducted, or accessed through the Psychologists' Association of Alberta," Pullin says.

Concordia is pleased to be partnering with Janet Ryan-Newell and her organization, Family Solutions Group, who will provide practical training for graduate students, allowing them to work with some of the most vulnerable clients in the community such as foster children and foster families.

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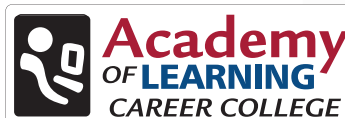
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"People coming here do not need advanced computer skills to start a computer-aided drafter certificate, or architectural or engineering CAD technician diploma program," says Brady Sylvester, assistant manager, Digital School.

"While new students do need to be comfortable working in a Windows environment, they don't have to be spreadsheet wizards or have previous experience with graphics software, as that's what they'll be learning, along with a whole lot of other pertinent subjects."

Sylvester says if you do have experience in those areas, don't worry that you will be bored — you will be training on the most up-to-date Autodesk CAD software, led by experienced instructors



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who have a knack for enabling a smooth learning process in a challenging subject.

Digital School's CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization. Students can earn a degree in less than a year — full time, part time or online.

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With five new business programs available at Robertson College, now is the time to enrol and be career-ready in less than a year.

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These new programs include the administrative professional bookkeeper, administrative professional, legal administrative assistant, accounting and payroll administrator, and accounting assistant.

"These programs can give you the skills required for small business to large corporations," Reid says.

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Robertson College is conveniently located downtown and is easily accessible by LRT and transit.

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For more information about these programs and Robertson College, visit [robertsoncollege.com](http://robertsoncollege.com).

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## BILINGUAL PROGRAM ENRICHES STUDENTS

Learning a second language can prepare your children for a wider range of future employment opportunities and expose them to new cultures and experiences.

By enrolling your child in the Edmonton Chinese-English bilingual program in Edmonton Public School, your child will be educated in two of the world's most spoken languages.

"The Chinese (Mandarin) bilingual program is a comprehensive program that will enrich students from kinder-

garten right through to university," says Stephen Tsang, president, Edmonton Chinese Bilingual Education Association. "It is the best investment to your child's future."

This dynamic language program, with more than 30 years of proven results, will actively engage your child in creating appreciation of Eastern and Western literature, traditions and participation in both cultural activities.

Any child, regardless of background,

can learn Mandarin with no prior knowledge of the language needed.

"All studies indicate that having a second language, not only will help the child to be better at their first language, but also give them an edge in problem solving and other subjects," Tsang says.

The Edmonton Mandarin program is the largest Chinese bilingual program in North America, with 2,000 students from kindergarten to Grade 12.

For more information, visit [ecbea.org](http://ecbea.org).

## ECAMPUSALBERTA CELEBRATES MILESTONE

While receiving a quality education can may seem like a reward in itself, the 100,000th online student to register at eCampusAlberta received an exciting surprise.

Jaimie Bogstie, of Calgary, was the lucky student who registered in the youth in criminal justice course as part of her correctional studies diploma offered online from Lethbridge College.

To celebrate this milestone, Bogstie was presented with the eCampusAlberta Lifelong Learner Award and eCampusAl-

berta will be providing her with tuition assistance for all future eCampusAlberta online courses.

"This program is great for where I want to go with a future career, and completing it fully online makes it all the better," says Bogstie, who plans to complete her diploma by April and then move into the applied degree program. "The great thing about doing it this way is that I can seek employment in the field with my diploma while working towards a degree."

The very first eCampusAlberta student logged on in 2002 and the organization has since grown to include 19 Alberta post-secondary institutions, all hoping to facilitate greater access to high-quality online learning opportunities.

The organization enables students from across the province to access more than 900 online courses and 70 programs, including provincially approved certificates, diplomas and applied degrees.

For more, visit [eCampusAlberta.ca](http://eCampusAlberta.ca).



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# LEARN TO THINK OUTSIDE THE BOX

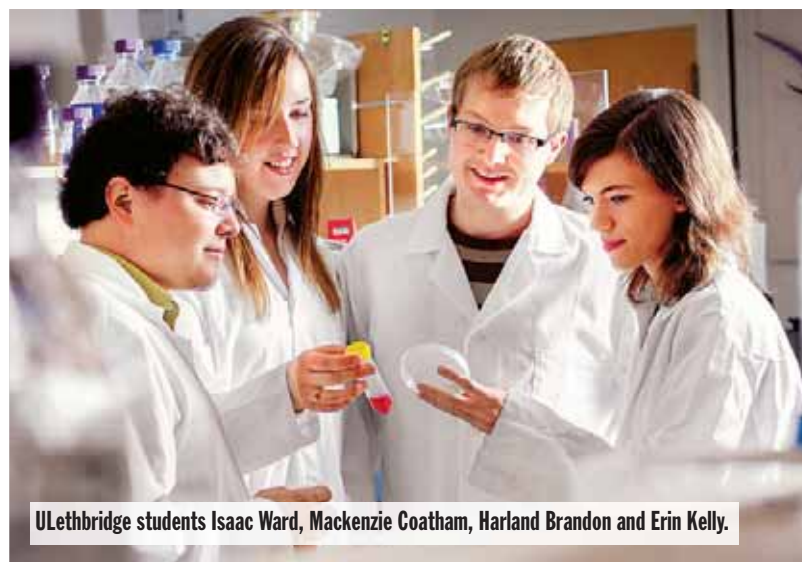
When highly engaged learners participate in exemplary research, the results are extraordinary.

Take the University of Lethbridge iGEM (International Genetically Engineered Machine) team, for example.

Led by ULethbridge biochemistry professor Dr. Hans-Joachim (H.J.) Wieden, who is the director of the Alberta RNA (ribonucleic acid) Research and Training Institute at the ULethbridge and a recently appointed Innovates Centre of Research Excellence (iCORE) chair of bioengineering, the team competes each year in what is regarded as the premiere synthetic biology competition worldwide.

“iGEM enables students to get their first taste of research,” Wieden says. “They understand the goal of the project and learn how to think outside of the box, troubleshoot and apply their knowledge to create scientific discoveries. All of this unlocks students’ creativity.”

Recognized as one of the world’s top



ULethbridge students Isaac Ward, Mackenzie Coatham, Harland Brandon and Erin Kelly.

CONTRIBUTED

teams, ULethbridge’s iGEM claimed two prominent awards last year. In addition to creating a bioengineering part that works like a Zip drive, compressing genetic

information, the team developed software that rapidly determines what DNA sequences are compatible to compress together.

These inventions will allow future bio-

engineers more flexibility in their research.

On top of this, iGEM cultivates students’ entrepreneurial potential.

The teams manage their own projects and raise funds to support their work, as well as learn how to communicate effectively and connect their work to real-world needs.

Isaac Ward, Mackenzie Coatham (BSc, 2012), Harland Brandon (BSc, 2013) and Erin Kelly, all former members of the undergraduate iGEM team, have used their resulting research and entrepreneurial skills to launch the spinoff company Synbiologica Ltd.

“iGEM gave us the motivation and skills to explore multidisciplinary research,” says Ward, chief executive officer of Synbiologica. “We realized that we don’t have to follow the usual career route. We can create our own jobs.”

To learn more about how students are engaged in research at the ULethbridge, visit [ulethbridge.ca/research](http://ulethbridge.ca/research).

## ULETHBRIDGE ACTIVELY ENGAGES STUDENTS

University undergraduate students study the results of academic research, but typically aren’t invited to help generate those findings themselves.

Something different, however, is happening at the University of Lethbridge.

Widely known for its small classes, personal learning environment and beautiful campus, ULethbridge is recognized on the national stage as one of Canada’s top-three undergraduate institutions (2014 Maclean’s university rankings) and one of Canada’s top-three undergraduate research universities (RESEARCH Infosource, 2013).

What’s more, ULethbridge actively engages students in research opportunities.

“The ULethbridge’s liberal education foundation enables students to explore a variety of subjects and discover what they are passionate about while developing the critical thinking and analytical skills they’ll need when they graduate,” says Dr. Mike Mahon, U of L, president and vice-chancellor.

“We are also a place where incredible research happens — and students are part of it.”

ULethbridge undergraduate students in multiple disciplines are working alongside world-class faculty members, supporting the long and often complex process of academic research.

It’s a tremendous opportunity for learn-



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ing, particularly when it’s combined with a liberal education.

The university’s immersive learning experience enables students — at all levels — to play a key role in the discoveries they learn in the classroom.

By participating in the investigative journey, their learning goes beyond the theoretical to the practical.

Their curiosity is piqued, their creativity grows and their confidence to handle future academic challenges increases.

Moreover, they gain critical-thinking and communication skills that will prove useful in advanced studies as well as the work-

place, and will set them on course to become the next generation of researchers, innovators, entrepreneurs and community leaders.

“Regardless of what you plan to do in your career, being involved in research will provide you with a tool kit of skills that will prepare you for your future,” Mahon says.

ULethbridge works hard to provide students with plenty of exposure to instructors who remain active in their research.

These faculty members consistently demonstrate that they are among the best researchers in Canada.

For more on the ULethbridge and the exemplary research, visit [ulethbridge.ca/research/](http://ulethbridge.ca/research/).

## CLASSES FIT FOR YOUR SCHEDULE

Not all students head to university right from high school.

The University of Lethbridge Edmonton campus also understands that it can be difficult to put life on pause to further your education.

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# Make all your dates even sweeter with delicious dark chocolate



This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

**Sweet Week.** Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

**THERESA ALBERT**  
myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

experience.

Medjool dates are dried right on the tree; no further treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively “organic” without the label.

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open

and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool completely.

4. Place the melted white chocolate into a small piping bag. Drizzle the white chocolate decoratively back

## Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 ml) white chocolate, chopped

and forth over the chocolate dipped date. Let cool completely before serving. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE FROM NATURALDELIGHTS.CA**

## Health Solutions

### Replace those crappy gooey chocolates



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do.

But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required.

Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.

These chewy

little treats are packed with potassium and fibre but are miraculously low on the glycemic index, given how sweet they taste.

The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes.

Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Ingredients

### Chocolate Pudding

- 1/2 cup (125 ml) sugar
- 6 tbsp (90 ml) unsweetened cocoa powder
- 2 1/2 tbsp (37 ml) cornstarch
- 1 1/2 cups (375 ml) 2% milk, divided
- 3 egg yolks
- 1 1/2 cups (375 ml) 35% whipping cream
- 1 tsp (5 ml) vanilla
- 5 oz (150 g) dark chocolate (65 to 70% cacao), chopped
- Seasonal berries

### Chantilly Cream

- 1/2 cup (125 ml) 35% whipping cream
- 1 tbsp (15 ml) brown sugar

## Dessert. Choco Pudding with Chantilly Cream

1. Chocolate Pudding: In heat-proof bowl, whisk sugar, cocoa and cornstarch. Whisk in 1 cup (250 ml) of milk and egg yolks until a smooth paste; set aside.

2. In saucepan, combine remaining milk and cream; heat over medium heat until just steaming and bubbles form around edge, stirring occasionally.

3. In a thin steady stream, gradually whisk hot cream into chocolate paste. Gradually whisk back into saucepan and cook, stirring gently for 8 minutes

or until mix coats the back of a spoon. Remove from heat; stir in vanilla. Gradually stir in chocolate until melted and smooth. Pour into dessert bowls; place plastic wrap directly on surface. Cool and refrigerate until chilled, about 2 hours.

4. Chantilly Cream: In old mixing bowl, whip cream for 1 minute. Add sugar and whip until soft peaks form.

5. To serve, top pudding with seasonal berries and scoop of cream. **DAIRYGODNESS.CA**

## Clinical Research Study Type 1 Diabetes

A 52-week research study is evaluating the effects of an investigational drug added to insulin treatment in subjects with type 1 diabetes, to see if it can provide better blood sugar control.

You may qualify if you:

- Have had a diagnosis of Type 1 diabetes mellitus for 12 months or more.
- Are aged between 18 to 75 years.
- Have been on Basal bolus for 6 months or more.
- Have had a stable insulin treatment for the last 3 months.
- Have an HbA1c level 7.0 - 10%
- Motivated for participation in a clinical trial with a new investigational drug added to insulin, which will include frequent visits, frequent self-monitoring of blood sugar and self-titration of insulin.

If you are interested in learning more about this Clinical Trial, please contact Kristi (780) 492-6156 or Rebecca (780) 492-1098 at the Alberta Diabetes Institute.



**(780) 492-1098 or (780) 492-6156**

## Alpine skiing

### Gagnon hopes to fight through pain

Canada's Marie-Michele Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow.

"We will have to see how it goes but I'm hoping to keep racing here in Sochi," Gagnon said in a release. **THE CANADIAN PRESS**

## Speedskating

### Gregg places 11th in 500 metres

Jamie Gregg stumbled to an 11th-place finish in the men's 500-metre long-track speedskating event at the Sochi Olympics on Monday.

The Edmonton native's two-run time of 70.27 seconds was .96 seconds off the gold-medal mark set by Michel Mulder of the Netherlands.

Gregg was also bumped out of 10th place by teammate Gilmore Junio, who finished just .02 seconds ahead.

The result was a drop in form for Gregg, who was eighth four years ago in Vancouver. He'll have one more chance at a medal in the 1,500 on Saturday.

**THE CANADIAN PRESS**



Jamie Gregg THE ASSOCIATED PRESS

## Luge

### Canadians fall behind Germans

Germany's Natalie Geisenberger closed in on what appears to be an inevitable Olympic gold medal Monday, finishing the first two runs of the women's luge competition in one minute 39.814 seconds. That's 0.766 seconds better than her countrywoman Tatjana Huefner, who took the title at the Vancouver Games.

Canadian lugeers were also in the mix, with Alex Gough in fifth and fellow Calgarian Kimberley McRae in sixth. **THE ASSOCIATED PRESS**



Canada's Alex Bilodeau, gold medalist, and silver medallist Mikael Kingsbury celebrate their men's moguls wins with bronze medallist Alexandr Smyshlyaev of Russia at the Sochi Olympics, Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

# Canucks repeat one-two punch



## Freestyle skiing.

Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medalist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all

## On the cusp

Marc-Antoine Gagnon didn't have any hard feelings after being nudged off the moguls podium by a teammate.

- Gagnon, from Terrebonne, Que., finished fourth at the Sochi Games on Monday with a score of 23.35.

- He was in third before Mikael Kingsbury of Deux-Montagnes, Que., made a silver-medal-winning run.

- "I'm pretty happy I finished fourth, this is my first Games," said the 22-year-old.

his colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after

his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his

## Planting a legacy

"The future of freestyle skiing in Canada is not done, there are so many good kids coming up and I am so glad to share a podium with one of them."

Alex Bilodeau, on teammate Mikael Kingsbury.

final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second 1-2 finish for the Canadian moguls team at these Games after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. Bilodeau is happy with where the program is going.

"I'm glad to finish my last Olympics like this," he said. "It's going to be a great retirement."

**THE CANADIAN PRESS**



# Hamelin on track for more gold



Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in men's 1,500-metre short-track speedskating at the Sochi Winter Olympics on Monday. PAUL CHIASSON/THE CANADIAN PRESS

**Speedskating.** The 'Locomotive' chugs to fourth career Olympic medal but expected to return to the podium

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

## Going around in ovals

While François Hamelin, Charles' brother, and Michael Gilday of Yellowknife didn't advance to the final Canada's women speedskaters had a better day

- **Qualifying** In the women's 500 preliminaries, Marianne St-Gelais, Jessica Hewitt and Valerie Maltais advanced from heats. The same three, along with Marie-Eve Drolet, advanced in the 3,000-metre relay.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medalist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

A s Hamelin entered the final lap in the lead, his girlfriend and teammate Marianne St-Gelais couldn't control her excitement, racing from her seat to the sidelines to give him a congratulatory hug.

With the silver medal he won in the relay event in Turin in 2006, Hamelin now has four Olympic medals. That leaves him one short of former teammates Marc Gagnon and François-Louis Tremblay.

He is also tied with Gagnon for the most gold medals for a Canadian short-track speedskater. If he wins medals in his three remaining events he will become Canada's most decorated Olympian behind long-track speedskater Cindy Klassen and speedskater/cyclist Clara Hughes, who both have six.

He will have chances to win individual gold in the 500 and 1,000 metres and he'll be part of Canada's team in the 5,000 relay. **THE CANADIAN PRESS**

## Curling

### Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in both matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourites for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

It doesn't get any easier for the Jacobs and his rink from Sault Ste. Marie, Ont., — their only match on Tuesday is against Sweden in a repeat of the 2013 world championship final. The Swedes won that in Victoria in April.

**THE CANADIAN PRESS**

## Curling. Jones, Canada overcome Russia's roar

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress-rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a



Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China. NATHAN DENNETTE/THE CANADIAN PRESS

3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

The Canadians, who next face Sweden on Tuesday afternoon, had been expecting a tough test against the Canadian-coached Chinese team, the 2009 world champion and 2010 Olympic bronze medalist.

**THE CANADIAN PRESS**

## MEDALS

Nation	G	S	B	Tot.
Canada	3	3	1	7
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

## WHAT CANADA DID

### MONDAY

#### ALPINE SKIING

**Women's Super Combined Downhill** - Marie-Michèle Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

**Women's Super Combined Slalom** - Marie-Michèle Gagnon, Lac-Etchemin, Que., DNF.

#### BIATHLON

**Men's 12.5 km Pursuit** - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th (36:21.2)

#### CURLING

**Men's Round Robin Session 1** - Canada 11 Germany 8

**Men's Round Robin Session 2** - Switzerland 5 Canada 4

**Women's Round Robin Session 1** - Canada 9 China 2

#### FREESTYLE SKIING

**Men's Moguls Qualification 1** - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43). x-qualified for Final 1

**Men's Moguls Final 1** - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).

x-qualified for Final 2

**Men's Moguls Final 2** - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).

x-qualified for Final 3

**Men's Moguls Final 3** - Alex Bilodeau, Montreal, 1st, **Gold Medal** (26.31); Mikael Kingsbury, Deux-Montagnes, Que., 2nd, **Silver Medal** (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

## ICE HOCKEY

**Women's Preliminary Round (Group A)** - Canada 3 Finland 0

## LUGE

**Women's Singles Run 1 of 4** - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

**Women's Singles Run 2 of 4** - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

**Overall Ranking** - Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, 6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)

Runs 3 and 4 on Feb. 11

## SHORT TRACK

**Men's 1500 m Heats - Race 4** - x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5** - x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6** - x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)

x-qualified for semifinals

**Men's 1500 m Semifinals - Race 15** - x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16** - Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17** - y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480)

y-qualified for Final A; x-qualified for Final B

**Men's 1500 m Finals - Final A** - Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B** - Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

**Men's 1500m Final Ranking** - Charles Hamelin, Sainte-Julie, Que., 1st, **Gold Medal**; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

**Ladies' 500 m Heats - Race 11** - x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13** - x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race 14** - x-Valerie Maltais, La Baie, Que., 1st (44.093).

x-qualified for the quarter-finals on Feb. 13

**Ladies' 3000 m Relay Semifinals** - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).

x-qualified for Final A on Feb. 18

## SPEED SKATING

**Men's 500 m Race 1 of 2** - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncif Ouadi, Quebec City, 23rd (35.395)

**Men's 500 m Race 2 of 2** - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th

(35.17); Muncif Ouadi, Quebec City, 29th, (35.60)

**Men's 500 m Final Ranking**: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncif Ouadi, Quebec City, 25th (70.997).

## CURLING

### MEN

#### Monday's results

Britain 7 Russia 4

Sweden 7 Switzerland 5

China 7 Denmark 4

**Canada 11** Germany 8

Norway 7 United States 4

Denmark 11 Russia 10

Switzerland 5 **Canada 4**

Sweden 8 Britain 4

**Tuesday's games**

Canada vs. Sweden, 5 a.m.

United States vs. China, 5 a.m.

Britain vs. Germany, 5 a.m.

Norway vs. Russia, 5 a.m.

### WOMEN

#### Monday's results

Canada 9 China 2

Switzerland 7, United States 4

Sweden 6, Britain 4

Russia 7, Denmark 4

**Tuesday, Feb. 11**

Switzerland vs. Denmark, 12 a.m.

Sweden vs. **Canada**, 12 a.m.

Russia vs. United States, 12 a.m.

South Korea vs. Japan, 12 a.m.

Britain vs. United States, 10 a.m.

South Korea vs. Switzerland, 10 a.m.

Denmark vs. Japan, 10 a.m.

China vs. Russia, 10 a.m.

## HOCKEY

### PRELIMINARY ROUND

### MEN

#### Wednesday's games

Czech Republic at Sweden, 12 p.m.

Latvia at Switzerland, 12 p.m.

### WOMEN

#### Monday's results

United States 9 Switzerland 0

**Canada 3** Finland 0

**Tuesday's games**

Germany at Sweden, 5 a.m.

Russia at Japan, 10 a.m.

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Nanook Centre South  
Northgate Centre  
Oliver Square  
South Edmonton Common  
South Park Centre  
Southgate Mall – Kiosk  
St. Albert Trail at 137 Ave.  
Terra Rosa Shopping Centre  
West Edmonton Mall  
West Edmonton Mall – Kiosk  
Westmount Centre

**FORT MCMURRAY**  
19 Riedel St.  
Peter Pond Shopping Centre

**GRANDE PRAIRIE**  
Prairie Mall  
South 40 Shopping Centre

**LETHBRIDGE**  
Centre Village Mall – Kiosk  
Lethbridge Smart Centres  
Park Place

**LLOYDMINSTER**  
Lloyd Mall

**MEDICINE HAT**  
Carry Drive Plaza  
Medicine Hat Mall

**PEACE RIVER**  
10032-100th St.

**PINCHER CREEK**  
Ranchland Mall – Kiosk

**RED DEER**  
Bower Place Shopping Centre  
Parkland Mall  
Southpointe Common

**ROCKY VIEW**  
Crossiron Mills Mall  
Crossiron Mills Mall – Kiosk

**SHERWOOD PARK**  
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## Women's hockey. Patience guides Canada past Finland's star goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Megan Agosta-Marciano broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

"I don't think anyone was nervous," Agosta-Marciano said. "We knew what we were doing."

"As the periods go on, she gets more confidence. We knew we needed to be patient and we needed to keep coming. Once we got that one, we got three."

Shannon Szabados earned a 14-save shutout, while Raty

1-on-6

The U.S. women's hockey team trounced Switzerland on Monday by the score 9-0.

- Amanda Kessel put an exclamation point on the win with a highlight-reel goal in which she received the puck from a centre-ice faceoff, skated over the blue-line, passed the puck to herself off the boards, circled back in front of the net and stick-handled around the Swiss goalie for the score.

stopped 39 of 42 shots in front of an announced 4,837 at Shayba Arena.

Canada and the United States, both 2-0, secured berths to the semifinals Monday. Under a new tournament format, the countries ranked in the top four in the world are in one pool and fifth through eight in the other.

Canada and the U.S. finish the round-robin against each other Wednesday in what could be a preview of the gold-medal game.

THE CANADIAN PRESS



Natalie Spooner of Canada shoots the puck wide of the net against Finnish goalie Noora Raty on Monday in Sochi. MATT SLOCUM/THE ASSOCIATED PRESS

### Snowboarding

## Olympic halfpipe course criticized

Rider after rider took a crash course Monday night on an Olympic halfpipe that looked only half ready with less than 24 hours until the start of the men's competition.

There were dozens of falls, very few big tricks and a lot of complaining during a practice session that was pushed from morning to night while workers tried to make fixes. The men's event is Tuesday, and American

Shaun White will be seeking his third straight gold medal.

"When you see every other person fall, you know something's wrong," said American Hannah Teter, who took gold in 2006 and silver four years ago. "It's a little dangerous. I've seen more people fall today than I saw all season. It's dangerous because it's crappy."

American Danny Davis labelled the halfpipe as "garbage" on Sunday. After returning Monday, he said things were slightly improved but not ideal.

THE ASSOCIATED PRESS



Team Canada captain Sidney Crosby and head coach Mike Babcock watch a drill during the team's first hockey practice at the Winter Olympics in Sochi on Monday. Jeff Carter was skating on the same line as Crosby and Chris Kunitz. NATHAN DENETTE/THE CANADIAN PRESS

# Carter rides shotgun with Crosby, Kunitz

**Men's hockey.** Team Canada auditions for right-winger on its top line during first practice in Sochi

### Quoted

"He's going to find you and when you get the chance you've got to get it to the net."

Jeff Carter, on Team Canada teammate Sidney Crosby.

Mike Babcock brought his book from the Vancouver Olympics to Sochi and with it the memories of how that tournament unfolded.

"Some guys started on the first line on right wing and ended up not being in the mix and other guys started not being in the mix and ended up being very important," Babcock said.

cock said.

Memo to Jeff Carter: Things can change quickly. Carter spent Team Canada's first practice as the first-line right-winger alongside Sidney Crosby and Chris Kunitz, but a handful of rushes already gave Babcock reason to pause and perhaps change his mind before opening the Olympics on Thursday against Norway.

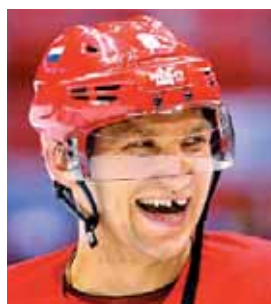
Babcock has Carter there

because he's a shooter and wants him to shoot.

"After watching him pass it back today, I didn't know for sure," Canada's coach said. "You can't pass to the net, you've got to shoot to the net. Carter shoots the puck when he gets it in L.A., we expect him to shoot the puck when he gets it here. If he's giving it back to Sid, he can't play with him."

The coveted spot as Crosby's right-hand man has been the subject of much speculation over the past several months, dating to Olympic orientation camp in Calgary in August. Steven Stamkos getting injured and then being ruled out eliminated what looked like the most logical option, but Carter seemed to fit because he's a quick right-handed shot and a pure goal-scorer.

"I think the things that stick out are his speed and his shot," Crosby said. "I don't think you have to tell him anything besides just, 'Shoot it.' He's going to get open and he's going to be able to create things with his speed." THE CANADIAN PRESS



Russian forward Alex Ovechkin. JULIE JACOBSON/THE ASSOCIATED PRESS

## Ovi in good company on home ice

A few hours after Alex Ovechkin awoke on the NHL's chartered luxury jet Monday, he was among the first Russians on the Olympic ice for practice.

Ovechkin has been waiting several years for the chance to play for gold at his home Olympics, and Russia's most fearsome goal-scorer couldn't wait another minute to get started.

"Of course it's a huge honour for me to represent my country," Ovechkin said while at the Bolshoy Ice Dome. "I'm pretty sure every athlete wants to represent his country at the Olympic games."

But almost no Winter Olympics athletes are as well-known as Ovechkin, whose tooth-deficient grin is plastered on advertisements throughout So-

chi. The Washington Capitals superstar publicly stumped for Sochi's Olympic bid in 2007, and he was the first Russian to carry the Olympic torch after it was lit in Greece last September.

He had long declared he would play in Sochi even if the NHL didn't interrupt its schedule for the games.

THE ASSOCIATED PRESS

## Horoscopes

### Aries

March 21 - April 20

No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

### Taurus

April 21 - May 21

Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

### Gemini

May 22 - June 21

There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

### Cancer

June 22 - July 23

The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

### Leo

July 24 - Aug. 23

The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes it's good to take a back seat for a change.

### Virgo

Aug. 24 - Sept. 23

It would be a mistake to take on any new tasks today - in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

### Libra

Sept. 24 - Oct. 23

Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

### Scorpio

Oct. 24 - Nov. 22

Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

### Sagittarius

Nov. 23 - Dec. 21

This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

### Capricorn

Dec. 22 - Jan. 20

You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

### Aquarius

Jan. 21 - Feb. 19

Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

### Pisces

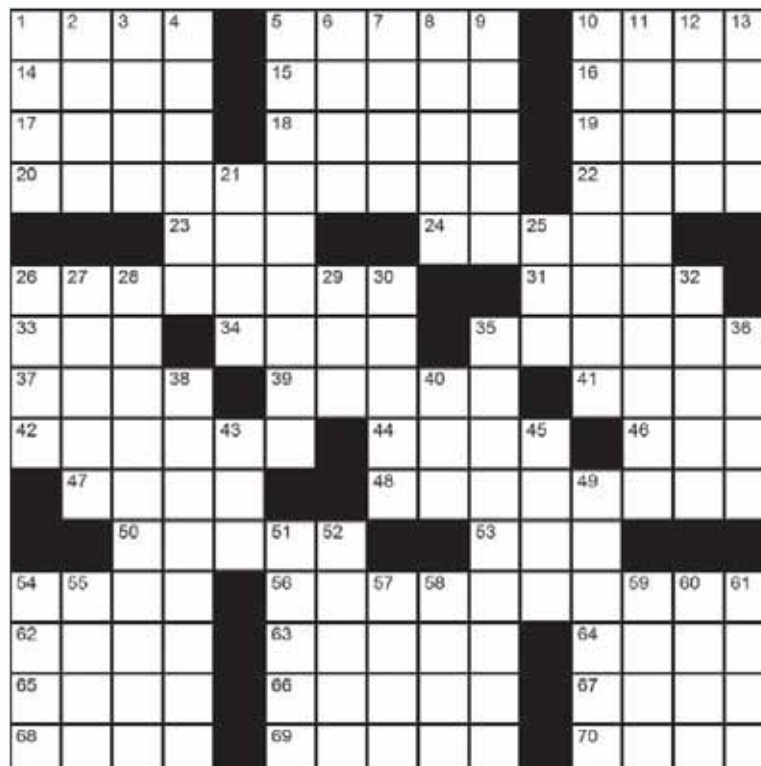
Feb. 20 - March 20

You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. "Get Off" band from Toronto
5. Lightweight wood
10. \_\_\_ missile
14. Time Machine people
15. Hautbois [pl.]
16. Drive-\_\_\_
17. 1982 Robin Williams role
18. Grumpy
19. Ascend
20. SOCHI 2014 - Free-style Skiing event
22. Wood sorrels
23. Ms. Longoria
24. Shorthand, shortly
26. \_\_\_ House (Prince Charles' official residence)
31. Chilly feeling
33. Caesar's 52
34. Kinks song
35. King Minos, for example
37. Pearson postings, puny-ly
39. Left-hand page
41. Ms. Hayworth
42. Green-on-copper
44. Spicy cuisine
46. Close-mouthed
47. "\_\_\_ it!"
48. SOCHI 2014 - Snowboard event
50. Lovely parties
53. "Faster!"
54. Celebrity
56. SOCHI 2014 - Winter Olympics sport: 2 wds.



### Down

1. Ms. Ryan's
2. Airline of Israel: 2 wds.
3. Actor, Benicio Del \_\_\_
4. Jacket closer

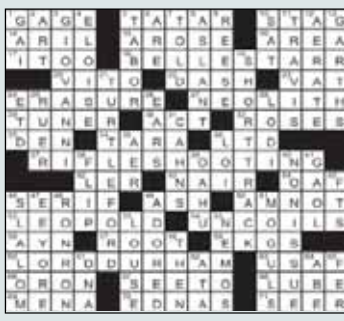
5. "Soul \_\_\_": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
6. Border on

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

7. Particular parrot
8. Markets
9. Not \_\_\_ (Not so far)
10. SOCHI 2014 - Faster - Higher - \_\_\_
11. City in Quebec
12. Sky bear
13. Things to pay
21. Mr. Knievel
25. An \_\_\_ for music
26. SOCHI 2014 - Speed skater's footwear, \_\_\_ skates
27. Pre-euro moneys
28. SOCHI 2014 - Snowboarding trick, \_\_\_-\_\_\_
29. Caves, on a score-board
30. Soil
32. Consume: 2 wds.
35. Southern Alberta town
36. Appointment
38. Trans-\_\_\_ Orchestra
40. \_\_\_ Na Na
43. Web
45. "Let me know \_\_\_ in your way."
49. Salt's friend
51. Composition
52. Shave
54. Flower part
55. Bryan Adams' "18 \_\_\_ Die"
57. Virginia willow
58. Pre-Febs
59. Whit
60. Person, place or thing
61. Gumption

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: -18°  
MIN: -21°

### WEDNESDAY



MAX: -14°  
MIN: -22°

### THURSDAY



MAX: -7°  
MIN: -20°



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